



This project is an initiative of the Iowa Department of Education's (IDE) Team Nutrition Program and aims to empower elementary students through school-based nutrition education, healthy school environments, promotion of school meals, and engagement of school staff, parents, and the community.

Targeted work will take place in elementary schools beginning fall 2017 that will include:

- **Financial Support:**
 - \$1,000 sub-grant to support wellness activities and school wellness policy implementation.
 - Additional \$690 will be available for each 4th grade classroom to implement 6 nutrition education lessons led by an outside educator and provide taste testing opportunities.
 - Mileage and subpay reimbursement to attend trainings (Kick-Off event and Culinary training)
- **Kick-Off Event:** Training for project schools that will include the school wellness requirements, Smarter Lunchrooms Techniques, Cafeteria Coaching, project-based initiatives, and evaluation components. Professional development credit for school nurses and school nutrition professionals will be available.
- **Nutrition Education:**
 - Schools will contract with an outside nutrition educator to deliver 6 lessons (Discover MyPlate) to 4th grade classrooms accompanied with a taste testing activity (30-40 minutes per lesson).
 - Classroom BINGO challenge to promote a healthy classroom.
 - Team Nutrition lessons and resources will be available for all elementary grade levels (K-6).
- **School Nutrition Trainings:**
 - Institute of Child Nutrition Culinary Training for School Nutrition Professionals will be provided.
 - A series of developed webcasts will be available to utilize during school nutrition staff trainings.
- **School Wellness:** Training and guidance on policy regulations and resources to assist with compliance, implementation, assessment, and evaluation at the building level.
- **School Meal Promotion and Participation:**
 - Implement Cafeteria Coaching that includes middle/high school students interacting with elementary students to try new foods.
 - Implement Smarter Lunchrooms, evidence-based, simple, low and no-costs changes to lunchrooms that can improve school meals participation.
 - Celebration ideas and support for National School Lunch Week and School Breakfast Week.
- **Parent Communication:** Resources to communicate with parents through school webpage, press releases, and monthly newsletters on school wellness policy implementation and assessment.
- **Evaluation:** University of Iowa will lead the evaluation efforts. Data will be gathered to understand project impact through food production records, meal participation rates, interviews, focus groups, and 4th grade student surveys.
 - During the 1st year (SY 17-18) 10 project schools and 10 control schools will be selected with the project schools receiving the intervention. The 2nd year (SY 18-19) the control schools will receive the intervention and the 1st year project schools participation will end.

Application of Interest – Deadline: April 21st

[Please complete the application on-line.](#)

Please answer the questions the best you can. Calls will be scheduled with interested schools to provide an overview of the project, learn more about the school's interest and to allow schools to ask questions.

District Name:

School Building Name:

Food Service Director Name:

Food Service Director E-mail:

Principal Name:

Principal E-mail:

1. Please describe why your school is interested in being a part of this project:
2. 4th grade classrooms will receive direct nutrition education as a part of this project (6 lessons, delivered between November-April). How many sections of 4th grade do you have in your building?
3. Will all 4th grade sections be participating in the nutrition education lessons?
4. Is six, 30-40 minute nutrition education lessons, delivered once a month, by an outside educator feasible?
5. Do you have someone in mind for the nutrition educator position if your school participates in the project? If not, Team Nutrition can provide assistance.
6. Cafeteria Coaching will require middle or high school students to visit the elementary school to eat with the elementary students to encourage trying new foods and healthy eating. Is it feasible for them to visit the elementary school once a month for 6 months?
7. Do you have someone in mind from the middle or high school that you may coordinate Cafeteria Coaching with if your school participates in this project?
8. Any additional information to support your application:

Healthy Schools – Healthy Students Checklist

- ☐ **Financial Support:** We will utilize the \$1,000 to support school wellness and project activities.
- ☐ **Kick-Off Event for Project Schools:** We will have at least two staff members attend. *IDE will provide mileage and sub pay reimbursement (up to \$100). Meals will not be provided. (Sept 2017)*
- ☐ **Nutrition Education:** We will contract with a nutrition educator to deliver the lessons to the 4th grade classrooms once a month from November-April. \$690 (\$115/lesson x 6 lessons) for each 4th grade classroom for the nutrition educator's time and food for taste testing and supplies. Contracted educators may include: Registered Dietitian Nutritionist (RDN), Iowa State Extension and Outreach Specialist, or community health professional. IDE will provide the funds to the school.
- ☐ **BINGO Challenge:** The monthly classroom challenge will be incorporated into each 4th grade classroom. Other grade levels may choose to participate, but will not be required.
- ☐ **School Nutrition Trainings:** Will we send at least one school nutrition staff member from our building to the culinary, hand-on, 4-hour workshop. *DE will provide mileage and sub pay reimbursement (up to \$100). Meals will not be provided. (October 2017)*
- ☐ **School Wellness:** As a result of knowledge gained during the Kick-Off Event we will complete a building level progress report as a way to actively monitor our wellness policy implementation at our building.
- ☐ **Cafeteria Coaching:** We will work with either middle or high school students to participate in the Cafeteria Coaching program at the elementary school. Cafeteria Coaching will include older students eating with the younger students encouraging them to try new foods, as well as the older students providing taste testing opportunities of new school menu items. Six Cafeteria Coaching sessions will occur, once a month during November-April.
- ☐ **Smarter Lunchrooms:** We will utilize the results of the Smarter Lunchroom Scorecard (provided by the University of Iowa and Team Nutrition) to identify areas of potential change to our lunchroom.
- ☐ **Celebrate School Meals:** We will hold events during National School Lunch Week (October) and School Breakfast Week (March). *(Team Nutrition will provide ideas to get started.)*
- ☐ **Promote School Meals and School Wellness:** We will continue to promote school meals and school wellness through the district's social media outlets, parent newsletters, staff meetings, and district webpage. *(Team Nutrition will provide templates)*
- ☐ **Evaluation:** We will work with the University of Iowa to gather evaluation data through food production records, coordination of interviews and focus groups, and 4th grade student survey distribution.
- ☐ **School Wellness Conference:** We will have at least one school representative attend to showcase the results of the project in our school, including challenges and success stories. *DE will provide mileage and sub pay reimbursement (up to \$100). Meals will not be provided. (September 2018)*

The USDA is an equal opportunity provider and employer.